

1. Make your appointment to complete your Annual Physical Exam (include blood work)
 - a. Give this form to your Doctor's office for completion
 - b. Once complete, mail to : Wellness Coordinators Office
Empire State Highway Contractors Office
2481 Higby Road, Frankfort, NY 13340

- or -

fax: 315-895-5307
e-mail: pflaherty@eshca.org
2. This exam is covered by your insurance once within the calendar year (\$0 copay). **Be sure to take your medication list so you can re-evaluate your medications and dosages with your doctor.**
3. If you have already completed your exam for the current year, drop this form off to your doctor's office for completion. Either make arrangements to pick it up or have them send it in on your behalf.

Follow the 3 Steps to Receive the \$200 Incentive:

- 1) Complete the General Health Assessment (www.eshca.org or call/email me)
- 2) Submit MD Biometric Form
- 3) Submit MVP Explanation of Benefits (receipt from MVP) \$200

Questions or comments contact:

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